

## *Thunder and Lightning Guidelines*

Lightning is the second leading cause of storm related deaths (flooding is first). Lightning can strike up to 10 miles outside of a thunderstorm, literally a bolt from the blue. The danger from lightning can persist for 20-30 minutes or more after a thunderstorm has passed. The National Weather Service does not issue watches or warnings for lightning by itself. However the National Weather Service does advise that if you see a lightning bolt and hear the thunder in 30 seconds or less, you must seek shelter and wait 30 minutes before resuming outdoor activity. This is also consistent with the Southern Maryland Athletic Conference policy on Thunder and Lightning.

If a person can hear thunder, or see lightning, the danger already is present. A clear, sunny sky overhead with storm clouds nearby can still be dangerous.

Referees and Coaches should adhere to the following guidelines:

- If lightning is within 5 miles, the game(s) should be suspended and shelter sought. A lightning detector can identify the distance accurately but may not be available. A rough guideline is to **measure the time between the lightning flash and hearing the corresponding thunder. If it is 30 seconds or less, seek shelter.** It may not be possible to determine which lightning strike generated which roll of thunder. A simple rule: **If you can hear it, clear it!**
- Shelter should be in larger, enclosed structures. Smaller, open structures, tents, trees, isolated areas, etc, should be avoided. Cars, with windows rolled up, or buses can provide good shelter. Avoid contact with metal or other conducting materials to the outside surfaces. Do not stay in open, unprotected areas.
- **Games should not be restarted for at least 30 minutes** after the last roll of thunder is heard.
- Tournaments should inform participating teams of notification and evacuation plans and shelters near the playing sites.

## *Extreme Heat Guidelines*

Heat is the number one weather related killer in the U.S. NOAA's National Weather Service statistical data shows that heat causes more fatalities per year than floods, lightning, tornadoes and hurricanes combined. Heat is a problem when it prevents the body from cooling itself. The hotter the body gets, the more likely it is to increase fatigue levels, develop cramps, and increase the possibility of heat exhaustion and heat stroke. The hotter and more humid the weather, the faster these problems can develop. The Heat Index is a measure of how hot it really feels when relative humidity is added to the actual air temperature.

League administrators and tournament officials are responsible for monitoring the Heat Index (by weather radio, online or the Weather Channel) and keeping the participating teams and game officials informed of the Heat Index. Coaches are encouraged to also monitor the conditions.

The following Heat Index is provided to assist park staff and users in understanding the dangers involved in participating in sporting and recreational activities in extreme heat.

### Heat Index Chart (Temperature & Relative Humidity)

RH (%)	Temperature (° F)															
	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
90	119	123	128	132	137	141	146	152	157	163	168	174	180	186	193	199
85	115	119	123	127	132	136	141	145	150	155	161	166	172	178	184	190
80	112	115	119	123	127	131	135	140	144	149	154	159	164	169	175	180
75	109	112	115	119	122	126	130	134	138	143	147	152	156	161	166	171
70	106	109	112	115	118	122	125	129	133	137	141	145	149	154	158	163
65	103	106	108	111	114	117	121	124	127	131	135	139	143	147	151	155
60	100	103	105	108	111	114	116	120	123	126	129	133	136	140	144	148
55	98	100	103	105	107	110	113	115	118	121	124	127	131	134	137	141
50	96	98	100	102	104	107	109	112	114	117	119	122	125	128	131	135
45	94	96	98	100	102	104	106	108	110	113	115	118	120	123	126	129
40	92	94	96	97	99	101	103	105	107	109	111	113	116	118	121	123
35	91	92	94	95	97	98	100	102	104	106	107	109	112	114	116	118
30	89	90	92	93	95	96	98	99	101	102	104	106	108	110	112	114
<i>Note: Exposure to full sunshine can increase HI values by up to 15° F</i>																

For the more information, please see Heat Index Charts and information at:  
<http://www.weatherimages.org/data/heatindex.html>